



# BEARPOWER

Press Vol 2 Issue 2



## CANDY TRADE-IN

### WHAT'S BETTER THAN CANDY? EARNING MONEY FOR YOUR SCHOOL!

Two local dental groups are having a candy buy-back this Halloween. Bring in your wrapped candy labeled with the name of your school. Whichever White Bear Lake elementary school brings in the most candy will get a prize - \$1 for every pound of candy (up to \$1,000)!

Will your school be the winner?

Candy Buy-Back  
November 3 & 4

Signature Orthodontics  
2126 5th St., White Bear Lake  
Monday 8am-7pm  
Tuesday 8am-5pm

White Bear Smiles  
4778 Banning Ave. White Bear Lake  
Monday 7:30am-4:30pm  
Tuesday 11:30am-7pm

Candy will be donated to the troops through Operation Minnesota Nice



## BREAK FOR BREAKFAST!

Busy mornings leave us short on time – here are some ideas for how to fuel up for the day ahead even if you have only a minute to spare.

### AS YOU'RE WALKING OUT THE DOOR - DRESS UP PLAIN YOGURT.

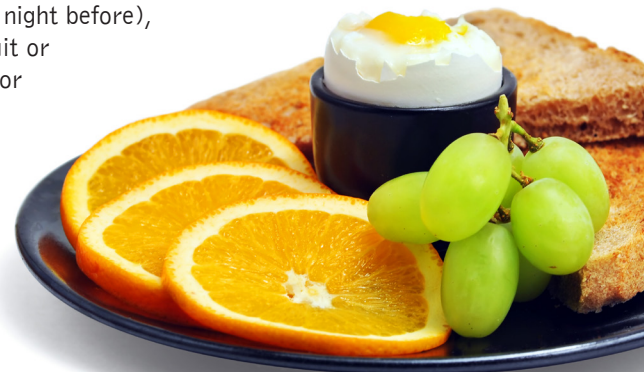
Toss in berries, a handful of toasted almonds (or your favorite nut or seed), a drizzle of honey – and presto! Breakfast is served.

### IF YOU HAVE 5 MINUTES - BEARPOWER a QUESADILLA.

Sprinkle mozzarella or cheddar cheese on a small tortilla (whole grain) and layer on a thinly sliced Granny Smith apple. Top with another tortilla and microwave until cheese melts. For a crisper tortilla, use a skillet and crisp each side for 1-2 minutes. Cut into wedges and enjoy!

### IF YOU HAVE A MINUTE TO PLAN AHEAD - PREP a POWER-PACK.

A hard-boiled egg (made the night before), a slice of toast, a piece of fruit or sweet colorful pepper slices for added crunch, plus a cup of milk will keep your kids BearPowered all morning long.





## FANTASTIC FALL EVENTS

### TRIFITNESS SCARE

in White Bear Family Fun Run  
– with costumes of course!

**Friday, October 24th**  
[trifitnesswbl.com](http://trifitnesswbl.com)

### FOOD, FAMILY & FUN

Join other parents to talk about the common challenges we all face – picky eaters, mealtime battles, snack ideas and more.

Breakfast followed by supervised play for kids, and a conversation with parents and a registered dietician.

**Saturday, October 25th**  
**9-11 am**  
**Normandy Park Education Center**  
[whitebearregistration.org](http://whitebearregistration.org)

Activity #4400.005 | 651-653-3100

for fun recipes, tips, and activities  
visit our NEW website [BEARPOWER.ORG](http://BEARPOWER.ORG)



## INSIDE SCOOP: YOGURT

Yogurt is a wonderful source of protein and calcium and helps fuel growing bodies. Yogurt, like all dairy, has some natural sugar. But be on the lookout – a lot of yogurt, especially flavored brands marketed to kids – are loaded with extra sugar.

Choosing plain, unsweetened yogurt is the best way to avoid added sugar. Look for yogurt that has <16 grams of sugar for a 6 oz serving. Add your own flavor with fresh or dried fruit, nuts, seeds.

**MAKE A GREAT SNACK FOR THE LUNCH BOX OR AFTER SCHOOL!**



## APPLE CHIPS

4 large apples, 2 Tbsp. sugar, 2 tsp. cinnamon

Preheat oven to 225°F.



Wash and dry apples. Slice apples crosswise using a sharp knife so they are about 1/8-inch thick. Arrange apple slices in a single layer on two parchment-lined baking sheets.

Mix sugar and cinnamon in a small bowl and sprinkle evenly over apple slices. Bake on the top rack of the oven until apples are dry and crisp, about 2 hours (flip after 1 hour). Remove from oven and let cool completely before munching!

POWERED BY



WITH

